

Farmers' Champion

Successor to Indianola Champion

Vol. 3

ELGIN, OKLAHOMA, THURSDAY, NOVEMBER 21, 1912

No. 6

D. E. MCANAW Lumber Company

Dealers in . . .
All Kinds of

Building Material

Grain, Cotton, Coal.
Best Mexico Coal

\$7 a Ton

The Bank That Accommodates

Bank of Elgin

Elgin, Oklahoma.

Deposits Guaranteed

If you are not already our customer, open an account without delay.

A. L. MCPHERSON, Pres. O. A. MCPHERSON, V. P.
E. MCPHERSON, Cashier.

WE OFFER THE FOLLOWING:

3 boxes matches.....	.10
3 cans kraut.....	.25
3 cans hominy.....	.25
5 1-pound pkgs Eagle Thistle Soda.....	.25
3 pkgs Washington Crisp.....	.25
2 pkgs Cream of Wheat.....	.25
2 pkgs grape-nuts.....	.25
2 25c baking powder.....	.35
6 5c pkgs tobacco.....	.25
3 10c pkgs tobacco.....	.25
18 pounds sugar.....	\$1.00
Kaw Syrup, per gallon.....	.45
Flour, best.....	1.15
8 bars laundry soap.....	.25

Ribelin, Stone & WALKER

The patriotic man Always Takes His Local Paper

THE YELLOW STARS

JOHN WALTER BAME

When the yellow stars go down,
Out in the gleaming, golden west,
Tired fingers, thin and brown,
Turn from labor unto rest;
And the solemn hush of night
Soothes each world-worn, weary soul—
Brings fresh vigor for the fight
That comes to all who face the goal.

When the yellow stars come up
From beds of matchless, molten gold,
Fragrant rose and butter-cup
In joy serene their leaves unfold;
And down each pathway marked by God
These orbs of beauty wander by,
Flinging kisses to the dew-wet sod—
Gems of night that blaze on high!

Elgin, Okla., Nov. 9, 1912.

Your Own Breakfast Food

I wish to raise this question: Why cannot the farmer who raises his own corn and wheat make his own cereals? Have you ever stopped to think of the price you received for your grain and the price you pay when you buy back that same corn and wheat in small packages, with much of the nourishment taken out in the process of manufacture? Is it any wonder living is high? There is no better cereal in the world than popcorn eaten with cream. We have a little hand mill, that cost \$3.75, with which we grind our flour for bread and crack the wheat for cereal. Rye may be ground in with the wheat for bread, and corn can be ground into the richest looking corn meal you ever saw. Whole wheat should be soaked over night, then cooked until the grains crack open. We eat both with chopped dates instead of sugar. Since I have been eating whole products my appetite is good and that gnawing feeling of hunger never any more bothers me. Well do I remember the time when I was faint with hunger before twelve o'clock.

These mills may be had in different sizes, to be run by water power, electricity, etc., and one in a community could keep the whole neighborhood in wholesome cereals, at an extremely low cost.

MRS. S. E. NEAL,
Dodge City, Kansas.

Bryan and Clark Approve

Both William J. Bryan and Speaker Champ Clark have expressed their most cordial approval of Woodrow Wilson's announcement that he would call a special session of Congress.

"I think both his reasons and conclusions are sound," said Mr. Bryan.

"The people will approve Governor Wilson's action," said Mr. Clark.

Southwest Teachers Meet

From seven to eight hundred school teachers of Southwest Oklahoma are going to Lawton during the Thanksgiving week vacation, Thursday, Friday and Saturday, to attend the annual convention of the Southwestern Oklahoma Teacher's Association. They will begin to arrive on the afternoon of Thanksgiving day, and register at the Lawton High School building.

The program will begin Thursday evening, in the High School auditorium, in the nature of an entertainment. Practically all day Friday will be devoted to discussions on "Best Methods in Teaching" and "New Conditions Needed." These will include the President's annual address on "Needed Legislation," an address by President Griffith, of the Southwestern Normal at Weatherford; followed by Ira L. Caine, of Muskogee; E. P. Proffitt, of Oklahoma City; and J. C. Tucker, of Elk City. This general discussion will include high school department, intermediate and grammar; the rural and primary department.

On Friday evening, the only program so far provided will be the lecture on Mormonism, by Senator Cannon, of Utah, who appears as the second number on the Lawton lyceum course. To this teachers will be permitted to attend without cost.

Sometime during the meeting it is planned to run a special train to Fort Sill, carrying visiting teachers to the artillery post, where they will be entertained by the fifth field artillery band and by special maneuvers of troops.

The production of agricultural wealth this year reaches the astounding figures of nearly nine billions of dollars. In the year 1900 the total figures were only a little over four billion. This vast percentage of increase is far in excess of the increased acreage brought under cultivation, which proves greater yields per acre by improved methods.

Stork in the Lead

According to the official report of Dr. D. A. Myers, the stork still holds the lead over the grim reaper death in Comanche county for the month of October and first half of November; there being forty-six births reported and but twelve deaths.

Although there were six cases of diphtheria, six of typhoid fever, seven of scarlet fever and two of infantile paralysis, no deaths resulted. There were also nine cases of pneumonia, none of which proved fatal.

Practically all of the diphtheria patients have recovered, and the County Superintendent of Health reports present health conditions to be very good.

A number of nuisances were abated during the month.

Buttermilk as a Beverage

Buttermilk is the ideal beverage, according to the testimony of thousands of buttermilk drinkers throughout the country. Drinking buttermilk has become a fad in some localities, and is as regularly on sale at soda fountains and all places where soft drinks are sold and even in the saloons.

Since the beginning of the heated term buttermilk has become the favorite hot weather drink in Chicago, taking the place of other soft drinks at the soda fountains and to a large extent, of beer in the saloons. The buttermilk contingent declares that beer is heating and that carbonated and sweetened fluids are injurious and that there is danger in too much ice water in hot weather.

Buttermilk it is claimed is cooling, is healthful and nutritious. It touches the spot and satisfies the thirst. It leaves no bad after effects, and when taken at bedtime is conducive of sound and restful sleep. It is a liquid food as well as a thirst quencher. In fact, it is reported to be all to the good and nothing to the bad.

The Chicago Post which has been investigating, asserts that this one more or less despised liquid is called for buttermilk has increased enormously the country clubs, in drug stores, in hotels, in restaurants and in buffets.

That paper quotes managers of dairy companies as saying that the demand for buttermilk has increased enormously and druggists who handle soft drinks as saying that it is outselling ice soda and sundae. Saloon men and park managers are reported as saying that they can hardly get enough buttermilk to supply the demands of their customers. The popularity of buttermilk is due primarily to the recommendation of Prof. Metchnikoff and other scientific men who have recommended it as the best summer drink, the most healthful, the most cooling and the most readily digested. But, perhaps, more than all, the popularity of the lactic beverage is due to the easily acquired taste for it when people have been persuaded to cultivate the taste.

The buttermilk fad, if such it may be called, is not more in evidence in Chicago than elsewhere. New York and Philadelphia have the taste as fully developed and the press of the latter city calls the development "an astonishing phenomenon in our national life," and cites in evidence the throngs of men, women and children who may be seen in the big department stores at the dairy shops or at the markets drinking their ice cold buttermilk and nibbling a cracker.

In the south buttermilk has long been a favorite beverage mainly with the country folk. The urban residents have not been so familiar with it.